

AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the Application. Deletions are ~~struckthrough~~ and additions are underlined.

**Listing of Claims:**

1-4 (Canceled)

5. (Currently Amended)     The ~~composition~~ medicament of claim 32, where the geranyl geraniols ~~are all~~ is in the trans isomer form.

6. (Currently Amended)     The ~~composition~~ medicament of claim 32, where the geranyl geraniols ~~contain~~ is one or more cis isomer forms.

7. (Currently Amended)     The ~~composition~~ medicament of claim 32, where the geranyl geraniols ~~have~~ a trans-to-cis isomer ratio between 1:100 to 100:1.

8. (Currently Amended)     The ~~composition~~ medicament of claim 35, where the tocotrienols are essentially in delta and gamma isomer forms.

9. (Currently Amended)     The ~~composition~~ medicament of claim 8, where the tocotrienols have a delta-to-gamma isomer ratio between 1:100 to 100:1.

10. (Withdrawn-Currently Amended)     ~~The composition of claim 1, the annatto extract treats maladies~~ The method of Claim 38, where the beneficial effect is treatment of at least one malady selected from the group consisting of drug myotoxicity, non-drug myotoxicity, anemia, CoQ10-related syndrome of energetics and CoQ10-related syndrome of LDL protection.

11. (Withdrawn-Currently Amended)     The ~~composition~~ method of claim 238, where the beneficial effect ~~geranyl geraniols~~ activates a PPAR.

12. (Withdrawn-Currently Amended) The ~~composition-method~~ of claim 238, where the beneficial effect ~~geranyl-geraniols~~ down regulates SREBP transcription factors.
13. (Withdrawn-Currently Amended) The ~~composition-method~~ of claim 439, where the beneficial effect ~~annatto-extract~~ increases synthesis of CoQ10.
14. (Withdrawn-Currently Amended) The ~~composition-method~~ of claim 238, where the beneficial effect ~~geranyl-geraniols~~ increases synthesis of CoQ10.
15. (Currently Amended) The ~~composition-medicament~~ of claim 45, further comprising CoQ10, ~~where the CoQ10 increases the synthesis of geranyl-geraniols.~~
16. (Withdrawn-Currently Amended) The ~~composition-method~~ of claim 439, where the beneficial effect ~~annatto-extract~~ decreases triglyceride.
17. (Withdrawn-Currently Amended) The ~~composition-method~~ of claim 238, where the beneficial effect ~~geranyl-geraniols~~ decreases triglyceride.
18. (Withdrawn-Currently Amended) The ~~composition-method~~ of claim 16, where the beneficial effect of the decrease in blood level of the triglyceride has an effect selected from the group consisting of reversal of insulin resistance, metabolic syndrome, prediabetes, diabetes and diabetes-related cardiovascular disease.
19. (Withdrawn-Currently Amended) The ~~composition-method~~ of claim 238, where the beneficial effect ~~geranyl-geraniols~~ protects against protein loss due to a drug selected from the group consisting of cyclosporine, fibrate, statin, and bisphosphonate.
20. (Withdrawn-Currently Amended) The ~~composition-method~~ of claim 238, where the beneficial effect ~~composition~~ is used as an adjunct to reduce toxic effects of drugs.

21. (Withdrawn-Currently Amended) The ~~composition-method~~ of claim 139, where the beneficial effect annatto-extract treats a malady effecting, selected from the group consisting of, insulin resistance, myopathy, GI track, renal insufficiency, organ transplant, an eye, protein wasting, an exercise injury, central nervous system, ~~muselar~~ muscular-system, excretory system, skin, protein deficit, blood, and a cancer.

22. (Withdrawn-Currently Amended) The ~~composition-method~~ of claim 238, where the beneficial effect geranyl-geraniols treats a malady effecting, selected from the group consisting of, insulin resistance, myopathy, GI track, renal insufficiency, organ transplant, an eye, protein wasting, an exercise injury, central nervous system, muscular system, excretory system, skin, protein deficit, blood, and a cancer.

23. (Withdrawn-Currently Amended) The ~~composition-method~~ of claim 139, where the beneficial effect annatto-extract increases synthesis of a biochemical factor selected from the group consisting of CoQ10, dolichol, GGgeranyl geraniol-prenylated protein, DL-glycosylated protein, GGgeranyl geraniol-porphyrinated heme, intermediate isoprenoid, distal protein product, and porphyrin.

24. (Withdrawn-Currently Amended) The ~~composition-method~~ of claim 238, where the beneficial effect geranyl-geraniols increases synthesis of a biochemical factor selected from the group consisting of CoQ10, dolichol, GGgeranyl geraniol-prenylated protein, DL-glycosylated protein, GGgeranyl geraniol-porphyrinated heme, intermediate isoprenoid, distal protein product, and porphyrin.

25. (Withdrawn-Currently Amended) A method to reverse insulin resistance, comprising administering ~~annatto-extract containing geranyl-geraniols~~ the medicament of Claim 30 and potentiating insulin.

26. (Withdrawn-Currently Amended) The method of claim 25, further comprising a beneficial effect of lowering the risk of a disease selected from the group consisting of CVD, T2DM, hypertension, PCOS and fatty liver disease.

27. (Withdrawn-Currently Amended) A method to promote GI tract health, comprising administering the medicament of Claim 30 geranyl geraniols and at least one an-ingredient selected from the group of consisting of a lower GI nutrient, endogenous nutrient, and non-drug vitamin.
28. (Withdrawn-Currently Amended) A method to prevent pill esophagitis, comprising administering the medicament of Claim 30 geranyl geraniols as an excipient in an excipient mix in a pill, selected from the group of consisting of compressed tablet, softgel gelatin, hard gel two-piece gelatin, bead, and granule..
29. (Withdrawn-Currently Amended) A method to reduce drug toxicities, comprising administering the medicament of Claim 30 annatto extract containing geranyl geraniols and reducing the myotoxicities of a drug selected from the group consisting of statin, cyclosporine, fibrate, and bisphosphonate.
30. (New) A medicament comprising, an ingestible composition with a geranyl geraniol.
31. (New) The medicament of claim 30, wherein the geranyl geraniol is from an extract of annatto.
32. (New) The medicament of claim 30, wherein the geranyl geraniol is in both trans and cis isomer forms.
33. (New) The medicament of claim 7, where the geranyl geraniols have a trans-to-cis isomer ratio between 1:5 to 5:1.
34. (New) The medicament of claim 7, where the geranyl geraniols have a trans-to-cis isomer ratio is 1:1.
35. (New) The medicament of claim 30, further comprising tocotrienols.

36. (New) The medicament of claim 9, where the tocotrienols have a delta-to-gamma isomer ratio between 1:5 to 5:1.
37. (New) The medicament of claim 9, where the tocotrienols have a delta-to-gamma isomer ratio is 1:1.
38. (Withdrawn-New) A method to produce a beneficial effect comprising administering the medicament of Claim 30 to a mammal in need of a beneficial effect.
39. (Withdrawn-New) A method to produce a beneficial effect comprising administering the medicament of Claim 35 to a mammal in need of a beneficial effect.
40. (New) The medicament of claim 30, wherein concentration of the geranyl geraniol in the ingestible composition is greater than 3%.
41. (New) The medicament of claim 40, wherein concentration of the geranyl geraniol in the ingestible composition is greater than 5%.